

MAY 2013

PHYSICAL FITNESS MONTH

HEALTH PROMOTION AND WELLNESS

MISSION

“ENCOURAGE A CULTURE OF HEALTHY LIFESTYLES”

VISION

“ A HEALTHY AND FIT FORCE”

DEPARTMENT HEAD

LT TIJUANA MILTON, NC USN
228-5710

HEALTH PROMOTION COORDINATOR

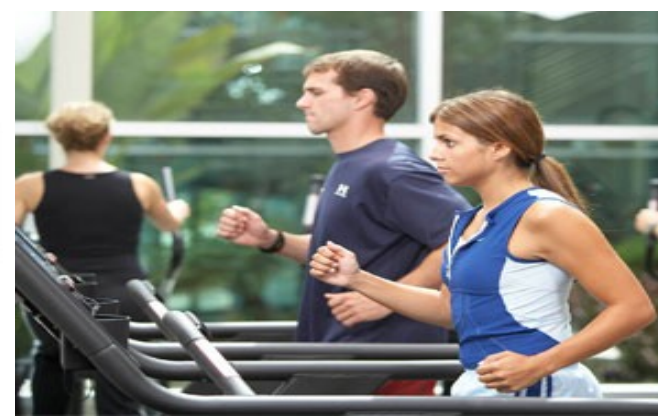
IVETTE MOORE, MS
228-5344

HEALTH PROMOTION ASSISTANT

VIVIAN WATTS, MHRD, MML
228-5486



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Aim for at least 2 hours and 30 minutes of moderate activity each week. This includes things like walking, biking, taking the stairs instead of the elevator and Zumba!	1 DANCE AEROBICS 1615-1715	2 TOBACCO CESSATION 0900 & 1000 Zumba 1615-1715	3 WEEKLY WEIGH-INS/ BODY FAT ANALYSIS AVAILABLE BY APPT. CALL 228-5344 AFRICAN DANCE 1615-1715	4 
5 	6 TOBACCO CESSATION CLASS 1130-1230 DANCE AEROBICS 1615-1715	7 TOBACCO CESSATION 0900 & 1000 Abs/Strength Training 1615-1715	8 NEW ! YOGA 1130-1215 DANCE AEROBICS 1615-1715	9 TOBACCO CESSATION 0900 SPECIAL LOCATION!!!! Zumba Outdoors IN FRONT OF HOSPITAL 1615-1715	10 WEEKLY WEIGH-INS/ BODY FAT ANALYSIS AVAILABLE BY APPT. CALL 228-5344 AFRICAN DANCE 1615-1715	11 Get ready to work muscles you didn't realize you had, with the NEW African Dance Fitness Class!
12 Do muscle-strengthening exercises at least 2 days a week.	13 TOBACCO CESSATION CLASS 1130-1230 DANCE AEROBICS 1615-1715	14 TOBACCO CESSATION 0900 & 1000 Abs/Strength Training 1615-1715	15 DIABETES MANAGEMENT CLASS 0900-1200 Call 228-5311 to register YOGA 1130-1215 DANCE AEROBICS 1615-17115 WOMEN HEALTH PANEL PI COMMISSARY 1100-1300	16 TOBACCO CESSATION 0900 & 1000 Zumba 1615-1715	17 WEEKLY WEIGH-INS/ BODY FAT ANALYSIS AVAILABLE BY APPT. CALL 228-5344 AFRICAN DANCE 1615-1715	18 
19 	20 TOBACCO CESSATION CLASS 1130-1230 DANCE AEROBICS 1615-1715	21 TOBACCO CESSATION 0900 & 1000 Zumba 1615-1715	22 YOGA 1130-1215 DANCE AEROBICS 1615-1715	23 TOBACCO CESSATION 0900 & 1000 Zumba 1615-1715	24 WEEKLY WEIGH-INS/ BODY FAT ANALYSIS AVAILABLE BY APPT. CALL 228-5344 AFRICAN DANCE 1615-1715	25 One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate desired amount of daily Exercise.
26 Adults should do flexibility exercises at least two or three days each week to improve range of motion.	27 TOBACCO CESSATION CLASS 1130-1230 DANCE AEROBICS 1615-1715	28 TOBACCO CESSATION 0900 & 1000 Zumba 1615-1715	29 YOGA 1130-1215 DANCE AEROBICS 1615-1715	30 TOBACCO CESSATION 0900 & 1000 Zumba 1615-1715	31 WEEKLY WEIGH-INS/ BODY FAT ANALYSIS AVAILABLE BY APPT. CALL 228-5344 AFRICAN DANCE 1615-1715	



FITNESS

ZUMBA FITNESS: Latin inspired, dance fitness class that incorporates latin and international music with a variety of dance movements creating a dynamic, exciting and effective fitness program. Tone and sculpt your body in 60 minutes!

FITNESS ORIENTATION: Just starting an exercise program? Not familiar with exercise equipment? Health Promotions is offering a 1 Hour introduction to our state of the art Fitness Center, cardiovascular and strength equipment. We will also provide education on exercise guide-lines for improved health and calculating your target heart rate. **By appointment only**, call 228-5344/5486 for more information.

PERSONAL FITNESS EVALUATION/BODY FAT ANALYSIS/TRAINING: A workout program designed to meet your needs, increase your level of motivation and learn new training Methods.

By appointment only. Call 228-5486/5344 for more information.

DANCE AEROBICS: 45 minute class for everyone to learn how to have fun and burn calories. Easy to follow steps!

POWER ABS/ STRENGTH TRAINING: 60 minute class total body workout that increase core stability while improving back strength, weight training and cardiovascular endurance.

For ALL Fitness levels.

TRADITIONAL AFRICAN DANCE: A 60 minute African Dance techniques combined with aerobic exercise that creates a unique and exhilarating way to get in shape by improving body tone, flexibility, fitness, and cardiovascular strength.

YOGA CLASS: A 45 minute yoga class designed to help students slowly stretch tight muscles and loosen stiff joints. Ideal for anyone wanting to work on stress-release, flexibility and balance.

WELLNESS

TOBACCO CESSATION PROGRAM (FRESHSTART): Classes consist of education on tobacco facts, nicotine pharmacology & addiction, health consequences, stages of change, stress management, relapse prevention. Call 228-5486 and/or 5344 to register.

WEIGHT MANAGEMENT (Lecture): 1hr. class that focuses on the importance of setting healthy, realistic short-and-long term goals. The focus is to build strategies to fit healthful eating habits into a busy lifestyle. To request a class contact 228-5344.

DIABETES EDUCATION CLASS (Lecture): 3 hr class that covers basic information on diabetes, nutrition and activity needed to promote self management of Pre-Diabetes and Diabetes Type 2. The class is offered the third Wednesday of every month. Call 228-5311 for more information.

HEALTHY HEART (Lecture): 1hr. Class that provides realistic tips to control blood pressure, cholesterol and weight. To request a class contact 228-5344.

SHIP SHAPE (Lecture): An action oriented 8 -week Weight Management Program focusing on nutrition education, increasing exercise, and behavior modification skills that support a healthy lifestyle. 1 hour per week. To request a class for your department or squadron contact Health Promotion, 228-5344